

# **Aquatic Center Hours**

**PLEASE NOTE** that variations from our regular hours are listed by season in the box to the right. Other than the variations listed, hours for the aquatic attractions are set on a repeating weekly schedule as listed here. Schedules are subject to change—notices will be posted at the center.

If you have any questions, please contact us. Thank You.

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For information on water aerobics, water yoga and other aquatic programs, please see the back of this page.

<u>Pool Closed from 3-4p, Monday through Friday</u> (except on special hours days that are listed to the right)



# Special Hours for Spring 2016 January 1st, 2016 through May 14th, 2016

3/27

4/15

1/1	Closed for New Years Day
1/18	Morning Swim 5:15a-2pm Open Swim 2pm-9pm
2/15	Morning Swim 5:15a-2pm Open Swim 2pm-9pm
3/7-3/1	.1
	Morning Swim 5:15a-2pm
	Open Swim 2pm-9pm
3/14	Morning Swim 5:15a-2pm Open Swim 2pm-9pm

Open Swim 2pm-9pm

\*\* All pool features will be turned off
Tuesday and Thursday evenings from
5:30-6:30pm to accommodate our
Learn to Swim program.
For a specific schedule of session
dates please see our flyers located on
the bulletin boards in the aquatic

Open Swim 12pm-2:30pm

Morning Swim 5:15a-2pm

center, on the website (parkboard.org), and at the front desk\*\*

**Lap Lanes:** are for the use of lap swimmers only, at the following times. \*See Separate Lap lane Schedule For Details\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-5:00PM	5:15-8:30AM 11:30AM-3:00PM *7-9PM (One Lane)	5:15-8:30AM 11:30AM-3:00PM 7:30-9:00PM	5:15-8:30AM 11:30AM-3:00PM 7:00-9:00PM	5:15-8:30AM 11:30AM-3:00PM 7:30-9:00PM	5:15-8:30AM 11:30AM-3:00PM 7:00-9:00PM	10:30AM-12:00PM

**Open Swim:** means that the recreation area, slide, resistance walk & tumble buckets are in operation and available to children and adults for play. Open Swim is at the following times.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00PM-5:00PM	4:00PM-9:00PM	4:00PM-9:00PM	4:00PM-9:00PM	4:00PM-9:00PM	4:00PM-9:00PM	12:00PM-7:30PM

## **Morning Hours**:

are for adults who use the aquatic facility for recreation and exercise purposes. Aquatic programs may take place during portions of these times which will require the resistance walk and/or lap lanes to be closed for general use. Please see back of this page for specific program schedule.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15AM-3:00PM	5:15AM-3:00PM	5:15AM-3:00PM	5:15AM-3:00PM	5:15AM-3:00PM	7:00AM-12:00PM

# Aquatic Program Information

**Little Splashers Time:** This time is designed for preschool age children 5 and under accompanied by an adult to swim in the pool. The features are turned off during this time but upon request the fire hydrant will be turned on for your enjoyment. This is not a class led by an instructor, but rather a time dedicated to young children to play in the water without the interference and distraction of older children. \*Schedule is listed below under Aquatic Class Schedule\*

Family Learn to Swim, Stingrays Swim Team, Private & Semi-Private Lessons, Homeschool Swim, and Mommy & Me Program information is located at the front desk or on our website at parkboard.org/aquatics.

### **Aquatic Class Schedule**

\*Lap lanes will be closed during the following times\*

#### Water Aerobics:

**M,W,F** - 9-10am, 10-11am, 5-6pm, 6-7pm **T,TH** - 8:30-9:30am **Sa** 8:30-9:30am, 9:30-10:30am

#### Joints in Motion:

T & TH - 9:30-10:15am

Water Yoga: \*Resistance walk may be shut off during this time\* TH - 10:30am-11:15am

#### Little Splashers:

**M**, **T**, **TH** - 11:30am-3pm; **W**, **F** - 9:30am-3pm

\*Lap lanes are reserved during water aerobics classes. If there are 10 or more participants, all three lap lanes will be removed and used for the water aerobics classes.\*

### Water Aerobics Class Descriptions

Water Aerobics, Joints in Motion, Water Yoga

#### Water Aerobics:

This class is a mix of cardio exercise, toning the muscles, and has low to no impact on the joints. During the class the instructor incorporates water weights, water belts, noodles, and uses your own body to get a good workout. From beginners to experienced, everyone can get a great work out all in the same class. Remember to bring a water bottle! Even though you are in the water, you are still working your body and need to keep it hydrated. With full range of motion resistance in the water, we will build lean body mass and concentrate on different muscle groups encouraging muscle mobility.

#### Joints in Motion:

This class is designed for those who have Arthritis, have had recent surgeries or have any kind of muscle and joint pains. Joints in motion is not as vigorous as the regular aerobics classes; this class focuses on stretching, strength & flexibility of those tight or recovering muscles and joints.

#### • Water Yoga:

This class is a gentle yoga class that is appropriate for any level. The content for this class includes balance work, strengthening abdominals and meditation.